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ABSTRACT

This guide provides adolescents with information on depression. An introduction discusses symptoms of depression and lists famous people who were known to be depressed. Part 1, "What's Wrong," explores how it feels to be depressed, the causes and types of depression, and the connections between depression, suicide, and drug and alcohol abuse. A depression self-quiz is included. Part 2, "Getting Help and Staying Well," discusses the benefits of professional treatment and how to stay healthy. Throughout Parts 1 and 2, suggestions are provided for adolescents seeking help. At the end of each chapter, a survival tip is provided that is designed to help adolescents immediately, during treatment, and throughout life to live well and reduce the possibility of getting depressed again. Survival tips include: (1) get some exercise; (2) take a break; (3) have some fun; (4) eat good food; (5) talk about it; (6) stick with your treatment plan; and (7) feed your spirit. Personal stories from teens who have dealt with depression are included in each chapter. (CR)

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